

ABSTRACT

RESEARCH PAPER: Opportunistic Screening for Asymptomatic Type 2
Diabetes

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Many individuals who are at risk for type 2 diabetes do not experience symptoms of diabetes, and therefore are not aware of this condition. Screening for type 2 diabetes and impaired glucose tolerance (IGT) can identify individuals at risk for type 2 diabetes, and prevent or delay complications. The purpose of this study is to evaluate a three step screening strategy for asymptomatic individuals with one or more cardiac risk factors for type 2 diabetes and provide validity for the Diabetes Risk Score. The organizing framework is criteria for opportunistic screening for Diabetes Risk factors. Lindstrom and Tuomilehto (2003) assert that screening can identify individuals for type 2 diabetes or (IGT), and as a result treatment can begin to prevent complications. A sample of 200 patients from three primary care offices in the Fort Wayne, Indiana area will be recruited over 3 months to be screened with the Diabetes Risk Score tool. Patients who are identified as at risk for type 2 diabetes will receive follow-up screening. The validation and use of the opportunistic screening tool for type 2 diabetes or IGT will allow primary health care providers to identify at risk individuals and recommend early intervention and follow-up care.

